

Special Section: Halloween

TownCoffee talk

SportsNew assistant coach

Lower Kootenay
Struggles of depression

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Inside

he leaves are changing colours, and the breezes carry the smell of fall instead of the summer heat. Fall is such a beautiful time in the Creston Valley, still warm enough to spend some time outside, but cool enough to pull our sweaters and scarves out of storage. If you're the kind of person who likes to get a head start on their holiday shopping, you'll be interested in the October I Love Creston feature story, which focuses on the Yahk Soap and Candle Co., a little shop in the middle of nowhere, but on the way to everywhere.

Mayor Ron Toyota gives us some history on his "Coffee Talks", which started almost six years ago, and are still going strong!

Chief Louie shares a personal message about depression and the struggle people living with it often face.

In line with the season, the Creston Museum focuses on some of the challenges of Bringing in the Harvest, with some interesting history on the weather and the people who have helped or hindered harvest in the Valley over the decades.

Fly in the Fibre sheds held a fun Art Challenge this summer, and

the work created because of it impressive.

In Creston sports, we are introduced to the new Assistant Coach for the Creston Valley Thunder Cats. Their regular season kicked off on September 13th, and hopefully this addition to the coaching team will help bring the team to the playoffs!

The Creston Valley Youth Soccer Association was chosen to be a recipient of a \$1000 donation as part of the "Good Cookies Doing Good Things" program. These funds will go towards programming and activities benefitting children in our community.

Jesse Moreton gives us some information about the impact of moving too much, and provides some valuable information on how to avoid joint instability.

We at I Love Creston wish you an amazing and beautiful fall, and would like to leave you with this quote, which seems perfect for our little Valley:

"The heat of autumn is different from the heat of summer, one ripens apples, the other turns them to cider." – Jane Hirschfield

Feature

The little Shop that can

Creating a business that is both a destination and an experience.



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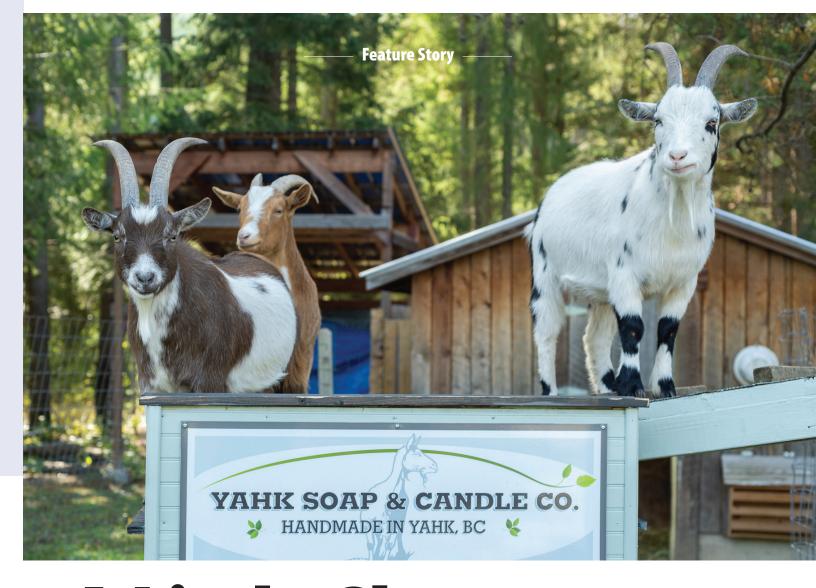


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The Magazine

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A Little Shop in the Middle of Nowhere, but on the Way to Everywhere!

BY AMANDA MURRAY
PHOTOS BY DENNIS CHARLES

Tammy Bessant didn't set out to run a soap shop, or an ice cream shop, or a café... but she's happy about where she's ended up, so it's fitting that there's a sign on the river path behind the gift shop that reads "I may not have gone where I intended to go, but I think I have ended up where I

intended to be." Originally from Saskatchewan, Tammy worked what most would consider a regular job, and started making skincare products under the her label EarthWear in her spare time.

"I may not have gone where I intended to go, but I think I have ended up where I intended to be."

In her own words, she began to "work less and less in the real world and more and more with EarthWear". Eventually, she was able to follow that passion full time, and while no longer her main focus, the EarthWear line is still sold in the shop, the muted packaging and earthy scents a contrast to the rainbow of soaps in scents like "Cocoa-nee" or "Kootenay Creamsicle" lining the shelves.

Tammy and her husband purchased the property, which consists of Two Scoop Steve Ice Cream Shop, a café, and the gift shop in May of 2017. They were looking for a business they could run together, and happened upon the perfect place. The building that houses the gift shop has been a soap shop

Feature Story

for years, and Tammy has worked hard to maintain the roots of the place while updating for the times, and making changes

to suit her own passions. While the scents have changed, some of the products in the shop are still made following the same basic recipes as were sold at the original soap shop. Tammy has also continued the tradition of housing goats on the property, and Walter, Toot and Buttin are family pets as well as a favourite attraction for visitors.

The property itself is long and, from the highway, appears narrow. Just the distance from the corner of the goat enclosure to the corner of the Café and Two Scoop Steve Ice Cream Shop would cover almost a block on a city street. Once you've parked though, and probably after your visit into one and on your way to the other of the two main

buildings, you'll hopefully notice a sign directing you to the river path, and if you're not in a rush, maybe you'll follow that path. A quiet calm exists just beyond the fence, and after only a few steps, the river can be heard instead of the highway traffic. Seats and benches are strategically placed, and one has a guest book attached to it by a string. It's the perfect place to take a break from your summer travels and enjoy an ice cream cone before continuing on your way.

While soap is definitely the top seller in the shop, the Yahk Soap and Candle Co. also carries amazing handmade gift items, almost all from the Kootenays. This little shop people mostly just drive by is packed to the brim with beautiful items, including handmade perfumes, prints by local artists, and jewelry. The products sold in the shop are a draw for visitors, but it wouldn't





Feature Story -

be surprising if people also came just to talk to "the soapmaker". Tammy's love for her business, her customers, her products and her staff is clear from the moment you meet her. When asked about her favourite scents, she named five (Secret Garden, Goat's on the Roof, Huckleberry, Rice Flower and Nag Champa) before exclaiming over one of her favourite products, the Pit-Stop natural deodorant stick, and then beaming with pride about her Whipped Body Butter.

Since opening day, Tammy has worked towards her vision for the business, expanding the gift shop and Two Scoop Steve, and adding part and full-time staff, to assist with the everything from scooping ice cream to making soup in the café to assisting customers in the gift shop. This summer, Tammy has been able to share some of her soap making knowledge with staff member Sarah, who has taken





Feature Story



on the task eagerly, lightening Tammy's workload by making batches of best-selling soaps during the busy summer season. While there are some who would take advantage of having staff to do some of the work by taking a break, it is almost certain that Tammy will find a way to fill her newfound "spare time" creating some of the new and exciting products on her list. Every summer season has been busier than the last, and that trend is expected to continue as more and more people find their way into the little shop in the middle of nowhere.

Tammy's passion and enthusiasm are clear from the moment you meet her, as is her drive to create a business that is both a destination and an experience. The entire property is set up perfectly for a family on summer vacation, a place to stop, stretch your legs, and create memories. With this business, and her love for it, it seems clear that Tammy has found herself exactly where she should be. \checkmark

For more information about the Yahk Soap & Candle co. check out https://www.yahksoapandcandleco.com/, follow @ yahksoap on Facebook, or stop by the gift shop located at 8707 Johnson Road (along the Crowsnest Highway) in Yahk, BC. Two Scoop Steve Ice Cream Shop is closed for the winter, but will reopen for the May Long Weekend 2020.





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From the Mayor's Desk

BY RON TOYOTA

Mayor - Town of Creston

"Coffee Talks" with the Mayor

y first community "Coffee Talk" was held on November 26, 2013 at the Creston Valley Bakery. There were 15 attending including Staff Sgt. Gollan, Fire Chief Moore and myself. In the last (almost) six years, I have convened a total of 24 "Coffee Talks" with the most recent one being held at Black Bear Books on August 29th. Over the years, although the coffee and treats have been provided at different locations - Real Food Café, Renee's Roadhouse, Creston Hotel Banquet Room and Black Bear Books - the agenda (or lack thereof) remains the same ... to hear what's on your mind! All citizens of the Creston Valley are welcome and encouraged to attend. Our most popular meeting saw a total of 23 people in attendance.

I created "Coffee Talks" with the intention of inviting citizens to engage with myself and our community public safety officers in a relaxed and informal setting with the discussion topics driven by the participants. There's just something about "breaking bread" with others that lends itself to great conversation! The majority of the topics have been about our Town's operations which are directed to me, but many questions have been directed to our local RCMP detachment, our Creston Fire Rescue staff and our Public Safety Compliance (Bylaw) Officer. We even had two meetings where the Regional manager and his local manager of our Highways (the Ministry of Transportation and Infrastructure) attended from Nelson.

Amanda Murray
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As I reflect on these many talks, I am cognizant that I was elected as your Mayor and that, although we as a Council of seven are mandated by the Local Government Act to govern the affairs of our municipality, it is our Town staff who are responsible for the day-to-day operations. Several times during "Coffee Talks" I have been asked to fix or repair something – sidewalks, streetlights, snow berms, etc. Although I appreciate being made aware of the situation, I need to reiterate that these types of issues are operational in nature and are handled by Town staff. The best way to ensure that operational issues are dealt with effectively is by contacting Town Hall directly – in person (238-10 Ave. N.), via phone (250-428-2214), or email (info@creston.ca). Our website also has a link to report concerns: http:// www.creston.ca/RequestTracker.aspx. When I had my own personal business,

I was the boss, and could do whatever was needed to ensure customer satisfaction. I have found that being employed in public office means that I must follow policies and procedures to ensure that all parties are equally protected. Actually, now that I think of it, being in business has definitely changed over the years in that you must follow just as many rules and regulations as you do in the public sector. I take our citizen concerns very seriously and it bothers me when people say that they have talked to our staff about a problem and, "nothing has happened". That being said, it would be disrespectful of me, and members of Council, to circumvent current process by delving into operational matters. Therefore, I encourage you to contact Town Hall via one of the contact methods listed above to ensure that your issue is recorded and to contact me if you feel like your issue is not being resolved in a timely fashion.

I am tentatively scheduling my next Coffee Talk at Black Bear Books on Thursday, November 14th. I hope to see you there for great conversation and even better coffee! ♥

Don't hesitate to contact me by: Visiting me at my office in Town Hall, email at ron.toyota@creston.ca or call 250 428 2214 (extension 227)

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Message from the Chief

BY JASON LOUIE Chief - Lower Kootenay Band

A Personal Message from the Chief

Ki'suk kyukyit (greetings). Today, is the deadline for articles for the I Love Creston magazine. I was close to emailing the editor and stating that I would forego my submission for the month. I felt as though I was having a writers' block and then it occurred to me what was really happening. I deal with depression and with the season changing I am feeling the affects of my mental health issues.

It is never pleasant when bouts of depression occur, however, in this moment an opportunity has presented itself. An opportunity to speak openly about mental health issues. Mental health issues affect thousands, if not millions of people in this country. So many people that deal with depression do not speak openly about what they are experiencing. In particular, men fear that they may appear weak and suffer in silence. This is not the case, as a man dealing with depression, I have a medical condition. A condition that is beyond my control. No one chooses to be sad. Our brains just function differently.

Some days, nothing works, I just have to weather the storm. Other days, I exercise & can feel in a totally different head space. I have in the past used prescription medication & it has had negative affects. The medication seemed to intensify the depression. Please understand that I am not saying don't take antidepressants. Antidepressant medication can and does work for many individuals. This is a conversation that you can have with

your physician. The key is finding what works for you.

What I do strongly encourage is speaking openly about depression with your friends and loved ones. Education is so very important, and we should all have an understanding of depression. When in that dark place, please let your loved ones know. Even if it's by a text message stating "today is a dark day". You do not need to suffer in silence. There is a point in that dark place where there can be a point of no return. Robin Williams was a brilliant actor and comedian. He hid his depression well. That

beautiful soul is no longer in this world. His family and fan base lost a great man forever.

Know this number: text HOME to 686868 to text with a trained crisis responder. You are not alone and do not have to be alone. There should be no reading between the lines with my article submission. I am not in a crisis situation. I am not in danger. Yes, it is a difficult moment, but I am okay and I just

want those dealing with depression to also be okay. By sharing these words, I am healing myself. Ignorance is not bliss, education is key to providing a path towards healing mental health issues.

Some days I extend my arms forward walking blindly in darkness. Living in the act of drowning in profound sadness. I then recall that I have a voice and begin to sing. Sing songs that are thousands of years old. The songs bring me from the darkness and I see the sunrise and the promise of a new day. The songs of our indigenous history shouldn't be a mystery. They are medicine. They define me and I am no longer in a state of despair.

With that, I thank you once again for reading and wish you all well.

TAXAS. 🔻

Reach Jason Louie at 250-428-4428 ext. 235, mjasonlouie@gmail.com or online at www.lowerkootenay.com.



Getting in the Harvest

BY TAMMY BRADFORD

Manager - Creston & District Museum & Archives

We often talk about how important agriculture is in the Creston Valley. I think I've probably written a dozen or more articles about it for this magazine: covering everything from the (relative) disappearance of apples in favour of cherries to the mathematics of fruit. One thing I don't think I have written about, though, is probably one of the most important aspects of all: getting in the harvest.

Berry Pickers: members of the Yaqan Nukiy community with boxes of freshly-picked strawberries



Wynndel Doukhobor pickers: a group of Doukhobors arriving in Wynndel to help with the berry harvest

Harvesting the abundance of local crops has always been one of the most challenging elements to a successful local agricultural industry. First off, of course, is the need to harvest at just the right time so the fruit, grain, vegetables, or hay get to market in prime condition - not always easy if growing seasons and weather conditions and the idiosyncrasies of individual varieties don't co-operate. In 1924, for example, the prime market time collided rather unfortunately with the lack of colour in local "Ontario" apples. The local apples refused to colour up properly, and so were sold as "Yellow Ontarios", a local classification that the district fruit

> inspector flatly rejected. The local apples would have to be sold as lowgrade Ontarios.

Timing the harvest around the weather is another challenge. Ask any hay farmer what happens to his or her prices if freshly-cut hay gets soaked by an unexpected downpour before it can be baled. A couple summers ago, unusually hot weather, even overnight, made it difficult to harvest cherries because they were just too warm and soft. In the spring of 1934, unseasonably warm temperatures meant the harvest of the local tulip crop would be finished well before Mother's Day, and the previous year, cold weather meant "the crop came too late to catch this very desirable trade." A surprising cold snap in early September 1926 wiped out all the above-ground vegetables. Scattered references to similar events appear regularly in newspapers and crop reports for many other years.

Occasionally, weather events have wiped out harvests altogether – the floods of 1938 and 1948, for example, destroyed all grain and hay crops on the flats for those years; and a massive windstorm, coupled with plunging temperatures, in December 1924 did so much damage that it affected the local fruit harvests for as much as five years!

But by far the biggest, and most enduring, challenge to getting in the harvest has been finding people to do it.

Children of farmers and their friends and neighbours were first in line for harvest work. Bill Constable has photographs of members of the Yaqan Nuki community working in strawberry fields in Alice Siding and Wynndel. Len Ringstad told me about George Leveque, who had an orchard of his own below Pioneer Cemetery but also worked as the farm labour officer for the community: farmers who needed pickers, and pickers who needed work, could contact George and he would connect the two.

Schools were an obvious place to look for additional harvesters. For many students, classes ended early – especially in Wynndel – so they could help with the strawberry harvest; apple-harvest time in the fall equally contributed to low attendance and sometimes even closure of the high school. Local businesses – well aware of the fact that their own success depended on that of the farmers – regularly

History

curtailed their operating hours or closed altogether in the fall so that staff and owners could help pick apples.

And when all those sources were still not enough, imported labour got the job done. Doukhobors came over from Brilliant, Glade, and Grand Forks. Local farmers made arrangements with provincial and national farm labour programs to bring immigrants from Europe. During the Second World War, Japanese Canadians from internment camps in New Denver were pressed into service; the importance of a successful harvest outweighed (after considerable debate) security concerns. Kevin Viers told me about members of First Nations communities in southern Alberta coming to Creston to help with his apple, and later cherry, harvests. "I had a couple of guys from there,"

he said. "They'd phone and ask when it was starting, and the two I started with brought some friends. At one point, I had as many as ten from the Blood and Peigan reserves in Alberta."

Kevin also speaks fondly of the Quebecois harvesters who have worked or him over the years. One, a young fellow named Patrice, stands out. He spoke English, French, and two African languages; picked for the Viers' every year; and walked everywhere and slept in the barn to save his money. At one point, Kevin recalls, "he told us he had \$100,000" from his work picking fruit.

These methods have had their ups and downs. In 1952, for example, when Theo Greyell was trying to bring in the first crop of hops to be harvested on the Creston flats, a nude protest march in Nelson by the Sons of Freedom (a radical sect of

the Doukhobors) put paid to the arrangements he'd made to import his labour force. While European farm labourers were generally a hard-working lot, I've heard stories of a few who were...well, somewhat less motivated. And on the flipside, I've also heard a few stories of promised jobs, or promised rates of pay, that didn't materialise.

Mechanisation has been attempted, with varying degrees of success, in a range of local crops: cranes with buckets for apples; machines that shake cherries off trees; fleets of combines and other machinery for grain and hay crops. But in the end, it still comes down to a need for a small army of people to do the work.

To learn more, contact the Creston Museum at 250-428-9262 or crestonmuseum@telus. net, or visit www.crestonmuseum.ca.

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but chic home

(NC)

rom costumes and candy to jack-o-lanterns and scary flicks, Halloween has something exciting around every corner—and it isn't your tired decorations from 1980. This

year make sure your trick-or-treaters are greeted on a doorstep that's more spooky than sad with these fresh and fun Halloween décor ideas.

Gore—but make it glam. Skulls can still be spooky if you give them a little makeover. Refresh those old skeletons with a DIY costume jewelry addition, or shop around for your new favourite glammed-out accent piece. Pearls, diamonds, gold mask; the options are endless for bejeweled skulls.

Pretty and prim pumpkins. This year is all about painted, not carved, pumpkins — adding a splash of







fabulous fun. Play with metallics, pastels or the traditional Halloween colours like black and orange but add some sparkle into the mix for an extra pretty pattern. The pumpkin is your blank canvas, have some fun.

Light it up—non-jack-o-lantern style. With the cooling weather, candles, fires and lights are always in style.

This year add a little twist to those traditional fall lighting staples by opting for black candles for your dining room table, wired lights in glass pumpkins or jars, or superspooky fire log skulls.

Tarot cards and palmistry. Palmistry and tarot cards are all the rage, and for this season finding exciting













Around the house – fall clean-up tips

(NC)

As the cooler weather hits and the garden growing season ends, getting your home organized inside and out is a must. Here are some easy fall clean-up tips:

- For the yard, trim back overgrown and dead limbs in your hedges to protect them for the winter. Don't forget to trim your trees, especially those close to the house, garage or shed.

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- Clear old plants and weeds from your garden bed or pots to make it easier for spring planting and keep insects at bay. If not using winterized pots, bring them indoors.
- Clear leaves from the lawn, aerate and consider a fall fertilizing.
- Decks and garden furniture will need a good cleaning and, if appropriate, staining. Don't forget to properly store cushions and outdoor tablecloths so that they can be used again next season. Garden tools also need a good cleaning or wipe down before storing for the winter.
- Moving inside, plan and prepare before you start. Make sure you have reusable boxes and bags on hand and create some storage space indoors or out. If outside, make sure the space is sheltered.

- Organize room by room. When swapping out seasonal clothes in your closet, take some time to make sure you still need or use each item. If not, recycle or donate it.
- Keep in mind that you can donate unwanted clothing, textiles and small household items, such as small garden tools, instead of throwing them out. Charitable organizations like Diabetes Canada are always looking for donations. You can donate your wares at one of their donation bins or schedule a home pickup at declutter.diabetes. ca. ♥





Health -



Instability: Are you Moving Too Much?

BY JESSE MORETON, BSc DC

fter convincing you last issue that joints don't really go "out" as much as they tighten up or get strained, I now have the difficult task of explaining one exception; instability. As the name implies, the problem with instability is the opposite to that of most people. As we discussed before, the vast majority of the population has too little movement. People with instability have too much. The structures that hold the joints together, like the ligaments and capsules, are lax. The joint does move "in and out" somewhat, but still does not dislocate unless there is significant external force.

Both scenarios cause pain and problems; too little movement or too much movement. Often people with instability mistakenly think they belong in the "too little movement" category. They will still describe their symptoms as being tight or stiff. This makes recognition and diagnosis more tricky. For a while I couldn't make sense of this apparent paradox.

Why would someone with excessive movement in their joints describe themselves as being tight? The answer is actually quite simple once you understand what

"Why would someone with excessive movement in their joints describe themselves as being tight?"

is happening. Because the ligaments and capsules aren't doing their job in stabilizing the joints, something else has to compensate. What else crosses joints and holds the body together? Muscles. The muscles start overworking in effort to provide stability. Ongoing involuntary, tonic contraction of muscles make them tight and sore. People with instability really are stiff but it's not their joints that are stiff, it's the muscles that are tight from

overworking.









may be wondering, do I have instability? Probability says likely not. Remember joint instability is far less common than joint restriction. However, if you feel lots of clicking or popping with incidental movement or have every been described as "double jointed", you may have an instability problem. Populations in which instability is more common are women during and after pregnancy, kids or teenagers and certain family lines where genes code for laxer ligaments.

So do joints really go "out"?
Between my last article and this one you can understand now why this is a difficult question to answer. But at the end of the day what is probably more important is something doesn't feel right and something needs to be done about it. Call it what you may, semantics are secondary to seeking treatment and feeling better.

For more information about Moreton Chiropractic visit http://moretonchiropractic.blogspot.com/

Treatment becomes a little more complicated with instability. It's not just a matter of performing adjustments, and in some cases of advanced instability, adjustments can be counterproductive. It becomes a matter of treating the muscle tension and adding stability. This can be done through muscle release techniques and lots exercises at home. Strengthening the muscles helps them provide better support for the joints, however, in reality many cases require modifying activities and using braces. Even a strong muscle will get stiff and sore from always compensating. Bracing gives the muscles a break and providesmuch needed joint support. Often, I'll suggest patients with instability use bracing when they're physically active but refrain from using them all the time. The drawback with bracing is dependency.

Now after reading all this you



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Summer Fibre Challenge

BY FLY IN THE FIBRE

The challenge was this-find an artist that inspires you and complete a project inspired by that artist but use a different medium. We had a lot of fun choosing artists that we admire and deciding on our favourite mediums to expand not only our skills but also the amazing talents of the original artist.

At Fly in the Fibre, we have an art group that meets every Wednesday from 5pm - 7pm. We learn together as we try different projects and once in a while we come up with challenges to move us from our comfort zones. Drop in to see the completed projects or join us in our group, all levels are welcome! \checkmark

For more about Fly in the Fibre visit www.flyinthefibre.ca



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Creston Valley Youth Soccer Association Celebrates \$1,000 Donation

SUBMITTED

Creston, BC, Canada – August 26, 2019 – As part of the Christie "Good Cookies Doing Great Things" program, Creston Valley Soccer Association has been selected to receive a \$1000 donation and will use the funds toward programming and activities.

In partnership with the Christie Cookies & Crackers brand, Save On Foods in Creston has designated Creston Valley Soccer Association as one of 50 youth soccer clubs across Canada to receive the \$1,000 donation this month. Creston Valley Soccer has approximately 200 members and serves youth throughout the Creston Valley and central Kootenay.

"Soccer is a place where everyone can come together to celebrate their passion for a sport, while providing youth with life lessons on and off the field, including inclusivity and teamwork," said Emilie Huard, Shopper Marketing Manager, Mondelēz Canada – the home of Christie Cookies. "At Mondelēz Canada we are focused on empowering people to snack the right way. This includes the right way for people and the planet which is why we are investing in communities across Canada."

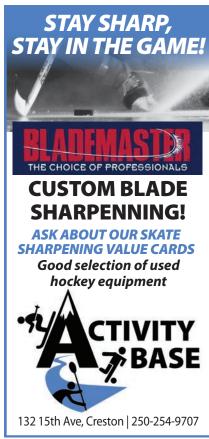
The "Good Cookies Doing Great Things" initiative is in place to support local youth soccer communities, and in 2019 more than 50 soccer organizations will receive recognition and financial awards totaling \$218,000 from Mondelēz Canada.

Since 2015, Mondelēz Canada has been a proud partner of Canada Soccer supporting Canada's National Teams as well as grassroots community soccer. Over the last five years the company has donated more than \$500,000 to 200 youth soccer clubs nationally.

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February 7, 8 and 9, 2020

Contact: Kathy Etheridge crestonvalentines@outlook.com

75th MEN'S BUTTERFLY March 5, 6, 7 & 8, 2020

Contact (out of town): Terry O'Connor karmaconnor@aol.com Contact (in town): Ross Gowan rjgowan@shaw.ca

New Assistant Coach for the Thunder Cats

CRESTON VALLEY THUNDER CATS

Nick Redding's most veteran acquisition won't be dawning a blue or white jersey this season. Instead, he'll be in a shirt and tie standing alongside Redding behind the bench. Tom McIntyre was named the Thunder Cats' new assistant coach over the summer and though he came over from Alberta, he's not a stranger to the KIJHL. Originally hailing from the Kootenay's own Golden, BC,



McIntyre knows that he might not be the most welcomed guy in the dressing room given the divisional rivalry, but hopes to turn the tides in his favor come the first meeting of the season expressing his desire to "lay a beating" on the Rockets when the teams match up.

The former hockey player turned commodity broker turned hockey coach spent some time in Winnipeg before landing his family in Edmonton where a close friend, who knew Tom's passion for the game, guided him into a coaching role. McIntyre's most recent body of work was with the Canadian Athletic club's

"I'm more the style of coach who likes to analyze the game"

Midget major AA program where he's coming off back-to-back city championships and a trip to provincials. McIntyre met Redding during one of the Cats' coach's many summer scouting trips to the Calgary area and the pair really hit it off. He sees his style as something that will blend well with Redding's and give both coaches an opportunity to learn from each other.

"I'm more the style of coach who likes to analyze the game. Not line matching or those kinds of things but more looking at the style of game the other team is playing and making adjustments in game to try and capitalize on what they're doing." As for learning on the fly with Redding, McIntyre subscribes to the theory that two

heads are better than one. "We get to bounce ideas off each other. We take a problem and we both work to find a solution and both bring something to the table. The unique part with us is through learning together and having fun together, we get to spend time with our own individual growth as well."

The junior ranks of hockey strike a special chord with McIntyre. He feels the growth and maturation of the age group is unparalleled and is just grateful to be able to be part of it.

"[The boys are] becoming young men, they're discovering their own identities, there's personality in

> and amongst the dressing room ... I remember being their age, and the emotions, the incredible highs the very tough lows

and learning to find more of the even keel, it's fun to be a part of that journey."

While he has enjoyed his time in the valley so far, McIntyre has admitted to being a slight bit homesick already as he leaves a wife and a pair of boys back in Alberta. He's quite proud of his sons, and for good reason. The youngest is a goalie with the Maple Leaf athletic club in Edmonton while the older one is currently a part of the University of Alberta Golden Bears Baseball program. He hasn't had a chance to bring his family up for a visit yet, but is ready to jump at the first opportunity to show them the town. 💙

For more information visit www.crestonvalleythundercats.com

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